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The Breeze, the student-run newspaper of James Madison University, serves student, faculty and staff readership by reporting news involving the campus and local community. *The Breeze* strives to be impartial and fair in its reporting and firmly believes in First Amendment rights.

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SAMANTHA LINCZYC / THE BREEZE

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PHOTOS ON THE FRONT:
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Safety first

Health center offers program to teach students how to safely celebrate 21st birthday



The meetings are located in The Well at SSC. Each meeting is a 10-minute session. Students who attend the dialogue receive a coupon book.

KAT ELLIS / THE BREEZE

By **BRIDGET MURPHY**
contributing writer

In an effort to keep JMU students safe on the day they become legally able to drink, the University Health Center has created the 21st Birthday Program, inspired by a similar Hokie Wellness program at Virginia Tech. Participants learn preventative strategies to enjoy their experience but also be safe on their birthday, should they choose to drink. As a reward for attending a session in the program, each student leaves with a coupon book with seven offers from local businesses.

The program encourages students who are turning 21 to visit The Well, located in the Student Success Center, for a brief 10-minute dialogue about how they plan to approach their celebration if they choose to drink alcohol. Students who aren't planning to drink as part of their celebration are also welcome to the sessions.

"It's a brief program that's customized for each student and tailored in regards to their 21st birthday celebration plans," Mindy Koon, the assistant director of Alcohol and Other Drug Abuse Prevention at JMU, said. "In many ways, the program builds off knowledge the student may already have."

Precautionary strategies such as eating a full meal before going out, planning sober

transportation ahead of time, having a friend monitor how many drinks you've had and being able to say "no" when too many people offer to buy you drinks are discussed in each session.

"We are still gaining traction right now so we're hoping to spread information about this program through word of mouth and individuals that have come in to participate," Koon said.

Koon went for a site visit at VT in 2016 during her first semester working in her current position at JMU to learn different ways to approach the topic of her work. That year, Hokie Wellness had just launched its 21st Birthday Program and was presenting it at conferences and meetings. Although it was still its inaugural year, Koon saw great potential.

In order to start the integration of the program to JMU, Koon applied for a JMU Innovation Grant through the Division of Student Affairs in order to receive funding. After the grant was accepted, she spent time working on handouts and information materials that would be involved with each session. The program at JMU is led by Koon, her team of REACH peer educators and other staff in the Early Intervention and Prevention of Alcohol and Other Drug Abuse sector.

"As I learned about it, I was very intrigued

because I thought this was something that could benefit our students at JMU," Koon said. "Last year, I spent pretty much the entire year looking into the feasibility of bringing this program to campus and reaching out to businesses."

Working with Kelsey O'Hara, health educator for Hokie Wellness and creator of the program, Koon was able to customize the program to JMU's campus. There are slight differences in the program compared to the one at VT, but according to O'Hara, JMU's is the most similar to the original program.

"I was really excited when Mindy reached out," O'Hara said. "JMU is the first school to reach out and want to implement it at their school. We've since had multiple others want to do it, they're all kind of at different phases of implementing it."

One of the local businesses involved with the coupon book that's handed out is SafeRides. The SafeRides executive board worked as a team to accomplish goals for establishing a connection with the program. Melody Hackett, a senior philosophy and anthropology double major and director of operations for SafeRides, worked as the main point of contact to create the club's connection with the 21st Birthday Program, providing updates and progress to the rest of the board.

According to Hackett, there've been a few students who have used their 'front of the line skip' coupon every weekend to avoid the service's wait times. Hackett turns 21 in three weeks and plans on attending the program.

"I think there's definitely a benefit to being more informed about the dangers of alcohol and how to be safe with alcohol," Hackett said. "We love giving back to the community and we love being present at JMU, especially doing something so great for the community and providing safe rides home."

To gain feedback, The Well sends out a follow-up survey after the students turn 21. Every student who completes the survey is eligible to win a prize. Only five students are chosen each month as winners. However, since the program is new at JMU, there's been little feedback so far.

"Having a little discussion beforehand just helps raise awareness around why turning 21 can be a high-risk time and thinking about ways to navigate the night or celebration if students are choosing to drink alcohol as part of that," Koon said. "I hope we'll be able to have more students come in and participate in this program."

CONTACT Bridget Murphy at murph2br@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



Money-back guarantee

JMU partners with two organizations to give students opportunity to receive reimbursement if they must withdraw

By **CONNOR MURPHY**
contributing writer

Unprecedented university student withdrawals can result in thousands of dollars wasted on classes, housing and textbooks. To counteract the possibility of a forced withdrawal for reasons such as injury or sickness, last spring, JMU began planning to implement a tuition insurance service with Allianz and OnPlanU.

Student withdrawals can be detrimental to a family, which is an unfortunate reality to many. JMU has already experienced the loss of Nathan Campbell, a sophomore finance and political science double major, and the recent severe injury of JMU sophomore Jared Antle. In an effort to help with situations such as these, nearly 30 families at JMU have taken action to protect their payments on college expenses.

If unforeseen circumstances arise that prohibit a student from graduating, this service will allow families and students to be completely reimbursed. This service protects JMU families with the option of numerous insurance plans that begin at \$29.95 per term. For maximum coverage, plans extend to as much as \$600 per term.

The protection provided by this plan can easily save families hours spent worrying, and thousands of dollars. Additionally, JMU has made this new policy easier to manage for students and families by being one of the first to introduce an automated payment plan. The security the new program provides has proven to be appealing to both parents and students.

"A friend of mine over at U. Va. had sent me some information saying, 'We're using this product, and you've mentioned before that you'd like to look for something like this,'" Linda Combs, director of the University Business Office at JMU, said. "It's a great product that provides a great benefit."

The reimbursement process is dependent on which plan is chosen by the family. Reimbursement for the death, illness or injury of a student is always covered. In two of the three plans, a full refund would be provided, and in the third plan, the maximum claim of \$2,500 would be put into effect. An 80 to 100 percent reimbursement is provided on mental health problems, as well as the \$2,500 maximum on the most inexpensive plan.

In order to be reimbursed, applications

often need to be submitted from health care professionals, parents, the university and, if applicable, the students themselves. Following the submissions, a decision regarding the extent of the reimbursement is made. Each policy covers the student for a single semester, and claims can be filed for at any point during the term.

"I think it's great that families will be able to worry about more important things than tuition money," Anoush Stamm, a freshman English major, said. "It's great that families will be able to focus their attention on something more important when it's necessary."

The protection provided in the plan allows families to feel secure in their payments when sending a child to college.

"Any type of way we can get this information out to students and families, we're going to take," Combs said. JMU has attracted nearly 30 families to its new service, and with new marketing ideas ahead, JMU is confident that the benefits of the program will be recognized by many.

"I think this is a really favorable program because of the benefits it provides to lower income families," John Ulmer, a senior political science major, said.



PHOTOS BY BJ BECKWITH / CONTRIBUTING PHOTOGRAPHER

Prior to the program that's recently been enacted, JMU offered a similar service. The previous arrangement offered a life insurance plan on the person who had taken out the payment. The aforementioned company, TMS, was bought out a number of years ago and convenient protection on tuition payments has been a priority for JMU ever since.

"We thought it was a great service back then, and we started looking at other companies and nobody offered that anymore," Combs said. "It was always something that was on the back burner."

Due to the comfort provided by the insurance plan, JMU is confident that as it continues to spread the word about this program and its benefits, there'll be a substantial increase in those who decide to sign up.

"It was a no-brainer," Combs said. "You don't have to take it, but it's there if you're interested in it. It was just something else we can offer to students and their parents."

CONTACT Connor Murphy at murph2cj@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.

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FOLLOW THE MANIA



The resolution passed after a vote was held by SGA in Madison Union, where multiple members spoke.

With inclusivity in mind, SGA amends Mr. and Ms. Madison tradition

By **MATTHEW SASSER**
The Breeze

The Student Government Association passed a resolution Tuesday that will change the tradition of Mr. and Ms. Madison in an effort to be more accepting of non-binary and transgender communities. Finalists to the Madison Royal Court will be asked how they'd like to be addressed if they're elected a winner.

The finalists will now campaign to be Madison Majesty, instead of the Mr. and Ms. Madison title. Winners will be announced as Your Majesty and have the option of various titles (Mr., Ms., Mx. or none). The gender-neutral Mx. is used for those who don't identify as being of a particular gender.

"I think that JMU needs to be a more diverse campus," Sophie LeFew, a junior spanish major and SGA representative, said. "You open it up to a lot of people who historically have not been represented. I think that it is a step in the right direction."

The topic was discussed for over 30 minutes during a meeting held in Madison Union.

Some individuals expressed amendments to the official resolution that was passed, but none were added. Discussion around this topic started last spring.

There hasn't been a specific incident at JMU that spurred this resolution. During the discussion, SGA President Jewel Hurt, a senior political science major, stated she believes that this resolution wasn't taking anything away from students participating in the Madison Royal Court; she asserts that it expands the available options.

Hurt announced during the meeting that in a group chat she's in with 300 other university student body presidents, the topic of changing homecoming traditions to confront this issue came up. It isn't something that just JMU is doing, according to Hurt, and JMU is trying to be on the forefront of this issue.

"I wholeheartedly believe in it," Hurt said. "I believe that we should be representing all students and be allowing all students to take part in our processes and be recognized for their contributions to the community."

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ABUSE IN
THEIR
LIFETIMES.

source: NCADV

SGA voted to pass resolution Tuesday afternoon after input from Madison Equality and JMU Board of Visitors

Some SGA members expressed concern that the student body didn't have enough input on the decision. However, with Homecoming occurring at the end of the month, others felt it was important to pass an amendment before elections began.

"I was aware that the resolution was being created a few weeks ago," Colin Moor, a junior economic and political science double major and chairman of the University Services Committee, said. "I believe it was a good idea, but I had some reservations about the timing and the speed of how the resolution was put together. I felt that [the] resolution was rushed and lacked any real student input."

Hurt and SGA sought feedback from groups such as Madison Equality and the JMU Board of Visitors. Some individuals expressed that this was a major change to a JMU tradition, but Hurt argued that the Mr. Madison title wasn't even introduced until 1992, even though JMU integrated men into the university in 1966.

"More people and more voices will be

able to be recognized," Hurt said. "I think being inclusive is always a good thing on our college campus."

Cecily Thomas, a senior communication studies major and president of Madison Equality, helped write a draft of the resolution. Thomas and Hurt discussed at length how the change could best accommodate the needs of the JMU community.

"I want the JMU body to realize that being a Duke means that you're passionate about not only school, but you're passionate about people," Thomas said. "I think that by opening it up to gender nonconforming folk, trans folk and by making it more inclusive, that we can see more of a side of JMU that's normally silenced by that gender binary."

CONTACT Matthew Sasser at sasserma@dukes.jmu.edu. For more coverage of JMU and Harrisonburg news, follow the news desk on Twitter @BreezeNewsJMU.



PHOTOS BY BJ BECKWITH / CONTRIBUTING PHOTOGRAPHER

Winners of the election will have the choice of various titles, such as Mr., Ms., Mx. and none.

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#WhyTheyDidn't Report

Trending social media hashtag reveals unspoken stories of sexual assault survivors

SABRINA MORENO | caffeinated content



Visual Arts has ensured more than 1,000 pieces of paper are scattered across New York City on bathroom walls, subway posts and corners of Times Square — all to be written on with even more reasons as to why survivors left their assaults unreported.

The #MeToo and #TimesUp movements build upon themselves to include yet another question in the berating of sexual assault survivors' stories: What took so long to come forward? It's as if the psychological effect of sexual abuse now has a statute of limitations — it's no longer sufficient to question their outfit decisions or how much they've had to drink. With the initial catalyst of the Harry Weinstein effect in 2017, the idea of time being relative has launched itself further into mainstream media.

Men and women have continued to persist in alleging decades of sexual abuse at the hands of high-profile individuals. From instances of groping to rape, stories spanning years are denounced with time being used as the ultimate burden of proof. And now, in lieu of the Brett Kavanaugh allegations, Christine Blasey Ford is the most recently affected by it, as time is used as a weapon in the Ford-Kavanaugh hearings. Since she can't remember the date and time in which Kavanaugh attempted to rape her at a high school party in the 1980s, her trauma isn't synonymous with the truth. Unfortunately, she didn't keep a calendar.

In the wake of Ford's testimony, various news stations have broadcast the societal standard for training women not to report. It reiterates the notion in our heads that denies us the opportunity to receive justice. We remember incorrectly. We will not be believed. We will be humiliated. Retraumatizing herself in hopes of halting Kavanaugh's nomination was paralleled by the onslaught of social media posts — both used to highlight how the system has failed us.

Instead of empowering women, we treat them as suspects instead of someone worthy of credibility. We diminish the strength of their truth to protect the abuser and hold fast to what's been ingrained since childhood, such as the idea that "boys will be boys," that we're

seeking attention and that it's our fault. Our accusations will be twisted into shame. It's in this that the hashtag channels its power.

#WhyIDidntReport establishes such a wide range of stories that the foundation of shame is weakened — especially when one victim was five years old and didn't understand. It crumbles upon itself when for others, it was their father. It was their boyfriend. They were told it would publicly ruin a man's life. They were told it was probably a misunderstanding. The foundation is debilitated in how the hashtag in and of itself proves how, despite a man or woman's experience with sexual assault, victims have to justify their silence to create a sense of validity.

The questions of doubt persist and none of us is immune to the criticism. From celebrities such as Alyssa Milano and Cara Delevingne to Sarah Hyland and Lili Reinhart, women from all backgrounds, levels of fame and recognition have come forward with their story.

Verified checks next to Twitter handles are woven in with everyday human beings. It's no longer just a woman whose face is lost in the crowd while wearing a low-cut bodysuit. It's not just a man who didn't have the strength to say no or a woman who forgot to defensively hold her keys facing out while walking alone in a parking garage. It's all of us.

Behind the thousands of social media posts and written notes across Manhattan and Brooklyn is the realization that just as there's not only one type of sexual assault survivor, there's not a singular type of abuser. There's not a singular type of story. We are not alone.

Despite the willful ignorance presented in the aftermath of sexual abuse being healed or forgotten by time, the writings in New York and the tweets sent out provide a space that deliberately destroys and dispels this notion. It's not about the specific date and time. It's the remembrance of their breath on your skin, the freshness of their laughter ringing in your ears, the feelings of degradation and violation that transcends 36 years. With this, the hashtag enlightens us all to the impact and prominence of societal victim-blaming.

#WhyIDidntReport has sparked a social movement that once again proves how resilient women are. It showcases how we will not be silent. It encourages bravery that consistently reminds others how we will not falter in taking back the narrative — even if those we accuse are up for a seat next to Ruth Bader Ginsburg.

Sabrina Moreno is a senior media arts and design major. Contact Sabrina at thebreezeculture@gmail.com.



KAT ELLIS / THE BREEZE

Karen Olivo
@Karenolivo
Follow

I salute these women who have up-ended their lives in the effort to save the rest of us.

He was 23 and rich. I was 15 and poor. He was white. I was brown. His father was a well-known lawyer. My father was an artist.

#WhyIDidntReport

5:18 PM - 26 Sep 2018

Anna Akana
@AnnaAkana
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#WhyIDidntReport I did, and he hired Bill Cosby's lawyer and threatened to take me to court if I didn't publicly say I lied. I told him to take me to court and he disappeared.

1:47 PM - 28 Sep 2018

Victoria Lee
@sosaidvictoria
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I was 12.

He was the 35-year-old family friend, like an uncle to me, my neighbor and triathlon coach.

I was a troublemaker, a Bad Kid.

he was a pillar of the community.

I told the truth in my diary.

my parents read it and still didn't believe me.

#whyididntreport

6:33 PM - 28 Sep 2018

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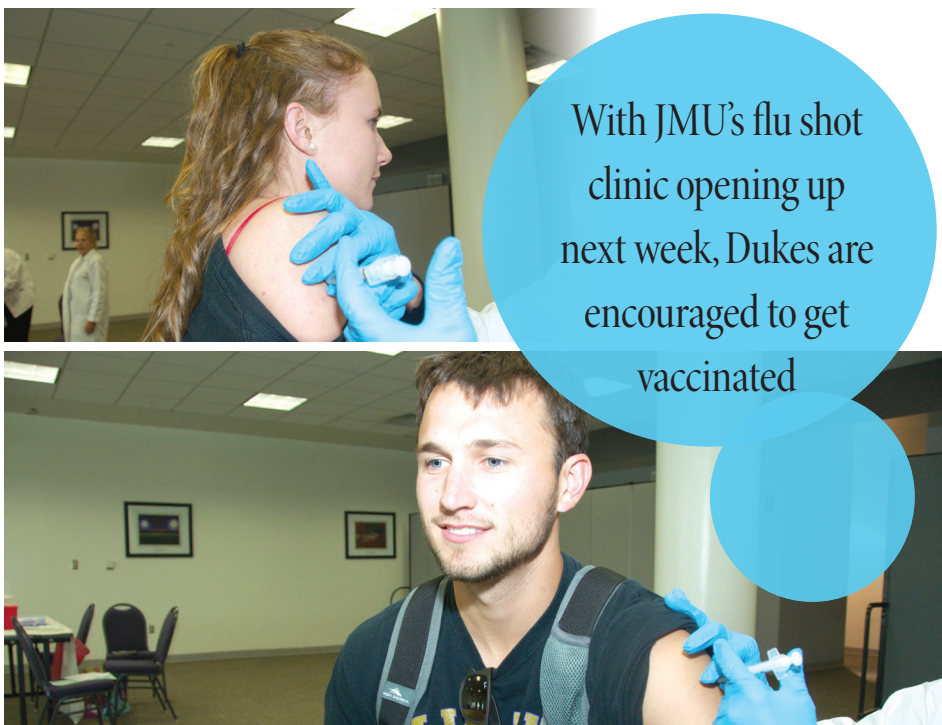
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Fighting the flu



No appointment is necessary to visit the flu shot clinic.

BREEZE FILE PHOTOS

HANNAH ZEIGLER | random thoughts



With flu season quickly approaching, the Centers for Disease Control recommend getting vaccinated in the fall before October ends. It would be foolish to not get

the flu shot and risk the chance of getting sick. Contrary to popular myth, flu vaccines can't cause the flu. Some side effects include soreness, redness, tenderness or swelling where the shot was given. These possible effects are far better than actually suffering from the flu.

JMU will offer flu shot clinics Oct. 10 (8 a.m. to 5:30 p.m.) and Oct. 11 (8 a.m. to 6 p.m.) and no appointment is necessary. The vaccine for this year is the new quadrivalent flu vaccine, designed against four different strains of the virus.

After last year's mumps outbreak, JMU health officials are stressing the importance of getting vaccinated. It's imperative that Dukes take their health seriously and are cognizant of the risk of transmitting the flu to others if they aren't vaccinated. Since students are sharing communal bathrooms, dorms and dining halls, they're more susceptible to becoming ill.

Although the flu is relatively common, getting it can cause serious complications such as dehydration, worsening of chronic illness, bacterial pneumonia and ear or sinus infections. Getting the flu can be life-threatening — an average of 200,000 people are hospitalized every year.

There are needle-free alternatives of the vaccination for those afraid of needles. People can opt for the FluMist, a nasal spray version of the vaccine. The FluMist has the advantage of not needing a needle, which is important for areas that have limited resources.

With flu season quickly approaching, it's incredibly important that people get vaccinated, not just for their own health, but for the health of the general public. The flu is very contagious, and with so many places providing free and inexpensive vaccines, it would be ridiculous not to get one.

Hannah Zeigler is a junior media arts and anthropology double major. Contact Hannah at zeiglehm@dukes.jmu.edu

the flu shot and risk the chance of getting sick.

The 2017-18 flu season was classified as "high severity," according to a report from the Centers of Disease Control and Prevention. The report revealed that the last flu season had the highest hospitalization rate for all ages combined since 2005-06. The flu killed 80,000 people last season, and hospitalized 900,000, making it one of the worst influenza seasons in decades. What makes the flu so deadly is that it can be easily transmitted from person to person. After the severity of last year's season, it would only be wise to get vaccinated and protect oneself against the possible effects.

Dr. William Schaffner, medical director for the National Foundation for Infectious Diseases, advises "even if you get the flu after having received the vaccine . . . you are likely to benefit by having a less severe illness."

The CDC reported that 80 percent of children who died of the last flu season weren't vaccinated. Some people cite the uncertain effectiveness of the flu shot as a reason as to why they don't get it.

Flu shots are available at almost every pharmacy chain and are commonly free at popular retailers like Walgreens and CVS with health insurance. Without insurance, the flu shot can cost as little as \$20. Pharmacies are also heavily advertising the vaccine: CVS offers a 20-percent-off shopping pass for those who get the shot.

Another reason people often forego getting the vaccine is that they're afraid of the side



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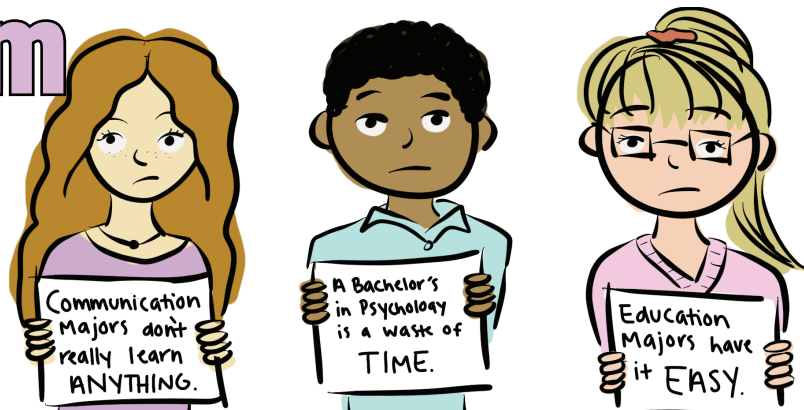
Thursday, October 4, 2018

10

OPINION

College major mayhem

Stereotypes about certain majors result in students straying away from what they actually want to pursue



KAT ELLIS / THE BREEZE

ELIZA MACKNIGHT | contributing columnist



stay-at-home mom and chef — just to name a few.

However, as they reach high school, they're asked again before embarking on their college journey into the "real world." This time, their answers seem to have changed. Doctor, lawyer and scientist now top the list of frequent answers to students' "dream" occupation. It shouldn't surprise anyone that people answer this question differently when they were six than they do as a young adult, but it should raise some question as to why.

Teenagers are often pressured to figure out their life right away and know exactly what they want to do before they even finish high school. The first step in this complex decision is picking a college major. While it's OK to come into college undecided, countless parents pressure their kids into choosing one anyway based on the job availability in the field and average salary people in the major make after graduation. While the intentions behind this aren't inherently negative, it ends up creating poor consequences in the long run because of the stereotypes surrounding certain majors.

Education majors are told they have it easy and only need to know enough to teach elementary schoolers. Communications majors are told they're majoring in something every human being learns as a toddler. Psychology majors are told they're wasting their time unless they plan on spending more tuition money attempting to get their master's degree or PhD, and that's just scraping the surface.

These might sound like short-sighted stereotypes that no one takes seriously, but they're much more than that. Hearing phrases like this causes students to second guess themselves, and a good number of them end up choosing majors they think are more sensible and will secure them a quick job, such as business or health sciences. There's nothing wrong with this if that's what they're truly passionate about, but in many cases when a student is asked what they plan to do with their major, they explain they don't know yet. Often times this is because they only chose the major to please their parents or for the potential financial benefits.

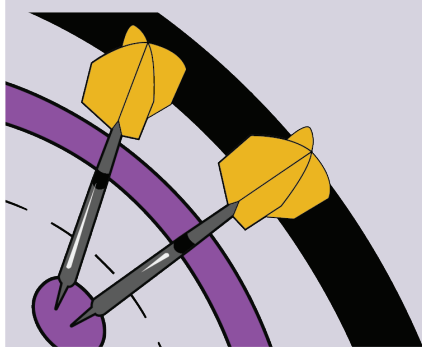
This has started producing burnouts in the workforce at a young age. Countless people working aren't doing what they're actually passionate about, and they start looking forward to retirement by the time they're 30. Not only does this have a negative impact on them personally, but it also negatively impacts the

people affected by their job. No one is going to feel motivated to try their best if they're at a job they don't care about.

It's crucial to remind incoming college freshmen to pick a major they're genuinely interested in, even if it comes without immediate job security. This will push them to work harder to find a job in something they're passionate about and put forth their full effort once they land that job.

Life is too short to spend it doing something half-heartedly simply because people are pressured by society to pursue what gets them the most money. The people who live the most fulfilled lives are the ones who ignore the stereotypes and chase after what they love, and that all starts with choosing a fitting college major.

Eliza MacKnight is a sophomore psychology major. Contact Eliza at macknieg@dukes.jmu.edu.



DARTS & PATS

A **"welcome-October"** pat to the fall season for officially coming in.
From an autumn-loving person who adores everything fall related and can't wait to wear sweaters every day.

A **"you're-doing-amazing-bff"** pat to my best friend who's rising up from experiencing one of the toughest months of her life.
From a girl who wants things to go swell for her best friend.

A **"hold-up-we're-part-of-VA-too"** dart to JMU Athletics for failing to include the Eastern Shore on JMU football's uninspired helmets this past Saturday in Richmond.
From a dedicated Dukes fan who wants to know how this helmet was approved after the error was pointed out multiple times.

A **"can't-you-be-considerate?"** dart to the students who left their phones on during the movies at the Latino Film Festival.
From a former teacher who thought JMU students would be more respectful.



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Regal Harrisonburg

"Venom" brings back superhero vibes with Tom Hardy as Eddie Brock, a journalist who becomes Venom through uncharacteristic means.

"A Star is Born" is a musical romance starring Bradley Cooper and Lady Gaga that follows Cooper's character as he falls in love with a struggling artist.

First Fridays Downtown

The Lady Jane Shop presents "The Arts and Her Travels" with watercolor works by Pamela Tittle.

Ballou Studio & Gallery celebrates one-year anniversary with "Mixed Media by Greg Ballou and Other Artists"

Music

Concerts in town

Thursday Travis Meadows at Clementine Cafe at 8 p.m.

Friday Eva Weber at Three Notch'd Valley Collab House at 7 p.m. with an art show by Madison Young

Saturday Oktoberfest 2018 at Brothers Craft Brewing from 4 p.m. - 11 p.m.

Album releases

Friday Twenty One Pilots "Trench" | Eric Church "Desperate Man" | Matt Nathanson "Sings His Sad Heart" | Ghostface Killah "The Lost Tapes"

Food

Editor's pick

A Bowl of Good (Mt. Clinton Pike) From hot Nigerian stews and cold Bangkok bowls to a "Buenos Dias" breakfast veggie option and Saigon gyros, A Bowl of Good presents a mix of culture and taste to provide a healthy alternative to processed fast food.

Move over, cats and dogs

Students give inside look into owning different types of animals in college

By TRACI RASDORF
The Breeze

When students move out of a dorm, many think about getting a pet. Some people have always wanted a dog or a cat, while others think outside the box — like exotic fish, a bunny or a bearded dragon. These pets are among the rare animals that students own off campus.

Ciara Alers - Axolotl

Alers, a senior communication studies major, admits many people have never heard of her pet. Her axolotl, named Heisenberg, is a unique amphibian capable of metamorphosing so it can walk on land. However, this process can be fatal to them, so it's a rare occasion. She also has a ball python — which gets its name from curling into a ball when it's stressed or scared — named Genesis.

Both creatures were found at a reptile convention held in her hometown of Yorktown, Virginia. She said Heisenberg and Genesis are low-maintenance pets and she doesn't have to spend much time caring for or playing with them.

When taking care of Heisenberg, Alers changes the

water and filter in his tank every so often, feeds him blood worms and catches the occasional insect as a treat for him. In the wild, axolotls are considered critically endangered. Genesis eats live mice once every two weeks and spends most of her time in a water bowl.

"My axolotl, he's really funny," Alers said. "I'll walk around the room and he actually follows me in his tank. They always look like they're smiling too. I feel like he's his own person sometimes. I got him when he was a tadpole too, so he's come a long way. Not to be dramatic, but I would die for him."

Jessica Maroney - Hedgehog

When deciding on an apartment pet, Maroney, a junior writing, rhetoric and technical communication major, and her roommates picked a hedgehog named Pepper. Since hedgehogs are nocturnal creatures, Pepper often sleeps during the day when her owners are in class.

Hedgehogs aren't typically friendly toward other animals or people. Upon getting Pepper, Maroney was instructed to spend as much time as possible with her so she'd become well socialized. Now, Pepper is friendly, and when she isn't running around her big cage, she likes sitting on the bed with Maroney while she studies.

Despite what many think, holding a hedgehog is easy because their quills lie flat. They only become painful if they get scared. When traveling for school breaks, Pepper has her own special carrying case that straps into a car seat. Maroney also has a cage at home so she doesn't have to worry about transporting all of Pepper's things each time.

"The best part is that she genuinely just makes me so happy," Maroney said. "I take her everywhere I can. I just play with her all the time. She scratches herself with her hind leg like a dog and it's pretty cute. But it makes a weird sound, which is funny."

Shelbie Serad - Bunny

Growing up, Serad, a senior health sciences major, always loved bunnies. Ashby, named after the building on campus, keeps Serad grounded on a daily routine. As many students often spend nights

away from home, she plans her days around when she'll feed or play with Ashby.

Additionally, Serad has become a much healthier eater since getting a bunny. Ashby has a diet of hay, vegetables and store-bought rabbit food. Every Saturday, Serad goes to the Harrisonburg Farmers Market, where a farmer gives her compost greens. For this reason, Serad doesn't have to spend much money on her furry friend each month.

Sometimes over school breaks, Ashby and Serad fly to Oregon to visit her mother, which proved to be stressful for him at first, but he's since gotten used to traveling. Having been raised learning about bunnies and training her own, Serad is passionate about educating others on how they require a substantial amount of care and shouldn't be considered starter pets.

"My favorite thing is just his personality," Serad said. "He's such a sweetheart and he has so much spunk and sass to him. It's honestly like having a dog around. He's just so fun and interactive. Before bed, we give each other nose kisses."

see **PETS**, page 15

COURTESY OF CIARA ALERS

TOP LEFT, TOP RIGHT, BOTTOM RIGHT BY TRISTAN LOREI / THE BREEZE



JMU alumna became social media influencer with blog 'Summer Wind'

PHOTOS COURTESY OF SYDNEY CARVER

After establishing her social media presence with more than 66,000 followers and blogging about lifestyle tips every day, Carver has made "Summer Wind" a full-time job.

By **ANDREA BRUSIG**
The Breeze

In 2009, Sydney Carver was a freshman at JMU struggling through her business classes. After deciding the College of Business wasn't for her, she changed her major to communication studies and began looking into the public relations concentration. She researched public relations blogs and decided that she'd start one of her own to practice her writing skills during the following summer.

Her blog's name, "Summer Wind," comes from Sydney's favorite Frank Sinatra song. Her first blog post was about attending a Coldplay concert, and since then, she's moved to writing about lifestyle, fashion, beauty and travel. Her blog didn't start to gain a following until she was about to graduate in 2012. Now, she blogs almost every day, is active on social media and reaches over 66,000 followers on Instagram.

"If you would've told me as a freshman that my blog would be this popular, I would've said, 'No way, you're joking,'" Sydney said.

After graduating from JMU, Sydney worked for a digital advertising agency, where she decided to devote her career to her blog and social media presence. She switched her mindset and became more strategic with her blog, and started constantly posting about products she enjoyed.

Sydney's blog became popular after she began selling advertisement space. She says this launched an opportunity for her to begin partnering with other brands and companies, such as Olay, Lilly Pulitzer, Talbots and Nordstrom. Almost a decade later, companies are reaching out to her instead. She spends half her day managing her email inbox and sorting through offers for various partnerships.

"I don't think of myself as an influencer — I started out blogging, so I think it's important to recognize that my content does influence people," Sydney said. "But at the same time, I think of myself more as a blogger."

Sydney's mother, Susan Carver, says she originally thought the blog was going to be a fun hobby. Once she saw how popular "Summer Wind" became, she knew Sydney's success was dependent on her driven and motivated personality.

"Eventually it just started growing into a true business," Susan said. "It's truly what she enjoys doing. She's a business owner — she has all the problems that business owners have, but all the joy also. It's her own creation, her blog does

represent who she is. When she's sharing on her blog, she's sharing a part of herself."

Sydney's favorite brand she partners with is Talbots — she grew up wearing the brand and worked at Talbots Kids in high school. After visiting their head office during New York Fashion Week in 2012, she developed and maintained strong relationships with the women who work there.

Ellen Heisler, the senior public relations manager at Talbots, says Sydney's partnership with the company has been special from the start. She says Sydney's motivation to learn and produce excellent content with Talbots has made the relationship with the company strong.

"She's so lovely — I think the personality you see in her posts is so genuine," Heisler said. "The same person you see on social media translates to who she really is. She is always top of the line to work with for almost every collection, campaign or initiative. She's so timely, so professional and delivers beautiful content."

After almost 10 years of dedication to her blog, it's become the biggest part of her life. She's taken time for herself and stepped away from technology to prove that while the blog is a part of her, it hasn't consumed her entire life.

"One of the hardest things about blogging is separating your life from your job," Sydney said. "My blog is my life — but my life isn't my blog."

Sydney says her favorite part about her role as a blogger is forming relationships. While she's been able to travel and share her passions with others, she's loved meeting people who read her blog and building connections with the brands.

"It's always more than a partnership with her — it's a collaboration," Heisler said. "She just really understands Talbots and can bring her own voice to her audience. It's been really exciting to watch her grow and develop over the years."

Sydney also enjoys being her own boss. She says she spends her days working alone behind her desk, but maintains the same disciplined mindset she started developing while at JMU to produce and ensure her blog is authentically her.

"JMU is part of the reason that I was set up for success," Sydney said. "So many things I learned translates to what I do now. I think the work ethic that JMU requires trained me to be my own boss."

She believes her ability to convey her true self online through her blog is the reason it's become the success it is. As she shares her thoughts on products and provides style and lifestyle advice,

she's able to capture her readers by showing she isn't perfect. She's a human just like everyone else.

"I never set out to be a blogger and an influencer," Sydney said. "It needs to start as something that you're passionate about. I think the only reason I've been able to run this blog for 10 years is that it's something that I care about. I think if your intentions are the money and the

cool free stuff, you won't be successful unless you're truly passionate about what you're doing."


CONTACT Andrea Brusig at brusigap@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.

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Fashion rebranded



JMU Fashion Club begins year with new creative direction

PHOTOS COURTESY OF HUNTER CARRICO

The club does photoshoots every month with its members. From left to right, Chris Santi, Oumaima Atraoui and Katie Long are pictured posing in Warsaw Avenue Parking Deck.

By **KATIE O'BRIEN**
The Breeze

With the term fashion, there's often a stigma about the superficiality of dressing in the latest trends and trying to be something or someone else. This results in an overall negative connotation with the fashion industry and people who enjoy it.

JMU's Fashion Club has a different idea of fashion, and has rebranded the organization this year to mean more than just admiration for haute couture and Vogue-inspired looks. In the first meeting of the semester, Emerson Youtsey, a junior engineering major and club secretary, defined fashion as "the act of making or doing something." He explained that the club is trying to make fashion not only about clothes, but also about exploring what people are passionate about and how they want to express themselves.

"What we realized is that it's not just fashion-oriented. It's so much more than that," Hunter Carrico, club photographer and social coordinator,

said. "It's about being creative and coming up with new ideas."

Club members are also on board with the club's new outlook on fashion. Ellie Sparagno, a senior communication studies major and new club member, said this is something that stuck out to her when she first joined.

"These are all people who are passionate about fashion, feeling good and empowering others with art," Sparagno said. "Whether that's photography or modeling or making your own clothes or just using fashion as an outlet to express yourself."

President Oumaima Atraoui, a senior engineering major, said the club wants to create a space for people to express their passions within the theme of fashion. The interests of the club range from styling, thrifting, modeling and design to photography, blogging, videography and writing.

The club's executive board plans to help members explore their interests and determine the skills they want to improve upon through the club.

Atraoui said this mentorship will help the executive board plan events based on member interests and develop each others' strengths.

Although this idea of branding based on individual interests is a key feature to the club today, it hasn't always been this way. When the JMU Fashion Club was founded in 2015, weekly meetings were structured as slideshow presentations about current events, trends and runway looks in online magazines like Vogue and Elle. There was minimal attendance while many only participated in monthly photoshoots.

To increase attendance at the weekly meetings, the club plans to have more hands-on activities and collaborations with other organizations. Some of its plans include donation clothing drives, fashion shows, buy-sell-trade events for people to exchange items in their wardrobe and do-it-yourself projects. Two weeks ago, the club did its first DIY project to make white-out T-shirts for the JMU football game by gathering inspiration from cut-up

shirts on Pinterest and using materials such as paint, ribbon, glitter and scissors.

"We got a bunch of materials and looked up designs online," Atraoui said. "People created their own white-out shirts to wear to the game to get a kickstart into expressing everyone's individuality."

The opportunity to explore interests is why Atraoui joined the Fashion Club in the first place. She wanted to learn photography from the club photographers for its monthly photoshoots. As she got more experienced and involved in the club, she realized the positive changes that could be made as president of the organization.

"I wanted to put forth my ideas to change everything and started from scratch," Atraoui said. "I wanted to see how much I could make it grow."

With the new year, Atraoui hopes to expand the club's membership beyond typical associations people might have with fashion, such as having to dress well or be in a creative major. She

plans to get other majors involved in the organization through promotion at Student Org Night, collaboration with clubs such as the National Society for Black Engineers and the Harrisonburg Boys and Girls Club and constant updating of social media accounts. Atraoui explains that while education is important, expressing interests is too.

"I just want there to be a set group of students that are comfortable expressing and growing and in the creative aspects," Atraoui said. "Even though JMU is a very open campus, fashion isn't really what you think of when you think of JMU. I am hoping that we get as many people from the JMU community as possible that are genuinely interested so that JMU is known to have that community."

CONTACT Katie O'Brien at obrie3ke@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



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PETS | JMU students showcase their exotic animals



LEFT PHOTO COURTESY OF FRANKIE GEHARD, MIDDLE AND RIGHT BY TRISTAN LOREI / THE BREEZE

from page 12

Frankie Gebhard - Geckos

Gebhard, a junior biology major, owns 22 crested geckos including six eggs he raises in an incubator. Originally, he bought eight of them and taught himself how to breed the others. Later, he bought a day gecko, which isn't nocturnal unlike other geckos. He also rescued two ball pythons and a corn snake from someone who needed to a new home for them and kept six salamanders, a newt and a toad from outside.

Each species has its own tanks that Gebhard cleans at least once a month, which can take about four hours per tank. The gecko tanks prove to be the hardest to clean, because while in the other terrariums live plants help decompose waste, the geckos don't have live plants.

Gebhard can top off their food and water to leave for short breaks, as most of these animals can survive days without eating. Crested geckos must eat every two days and be consistently

wmistwed with water. Therefore, he built their cages so they're easier to transport for longer breaks. Though he has many reptiles and amphibians, Gebhard says they're inexpensive to take care of.

"I've always been involved with reptiles and amphibians since I was a little kid," Gebhard said. "My favorite part is honestly just getting to observe them all the time and look at all the different behaviors they have. Seeing the eggs hatch is always cool."

Lisa Colelli - Bearded Dragon

Colelli, a senior intelligence analysis major, had her heart set on her bearded dragon, Yoshi, from the day she saw him in the pet store. She enjoys taking him places on her shoulder and he's socially interactive with other people.

Colelli uses a UVB light, which causes sensitivity to human skin, to help keep Yoshi's skin and bones healthy. Additionally, she keeps a dehumidifier on top of his cage. As they're typically desert creatures, humidity causes bearded dragons to get respiratory infections.

Once set up, Colelli said they don't take a lot of care. Yoshi eats kale and turnip greens, takes baths in the sink and takes naps on the passenger seat during trips home on school breaks.

"He is so friendly, and he's never bitten me or anyone else," Colelli said. "It's really easy for me to have friends over and introduce him to them because one of their first questions is always, 'Does he bite?' I like getting them more comfortable with the idea of holding a reptile, giving them a good experience and having them love him as much as I do."

Adam Reade - Cichlids

Since he can remember, Reade, a senior communication studies major, has loved the water — everything from wakeboarding to learning about ocean animals. After many hours of research, Reade knew he wanted cichlids. He has 18 South American cichlids, a species of fish, which he bought as guppies and grew up to two feet long.

He keeps four tanks at his apartment

in Harrisonburg and has two more at his permanent home. He spends most of the time caring for his fish cleaning out the gravel, water and filters in the tank. Reade's fish have a wide diet, including minnows, shrimp, vegetables, krill and different types of worms.

Reade is from the Harrisonburg area, so he's still able to take care of them over breaks. His dedication and passion for learning about his fish has taught him to do his own research and trust the advice of professionals when taking care of such rare animals.

"I try to call them 'moving art' more than anything because people don't classify them as pets," Reade said. "I love how each of them act. Some can be really feisty, and some are calm and to themselves. The most rewarding part is being able to see them grow from a penny to a foot long. I put in all that work and it pays off."

CONTACT Traci Rasdorf at rasdorf@dukes.jmu.edu. For more on the culture, arts and lifestyle of the JMU and Harrisonburg communities, follow the culture desk on Twitter @Breeze_Culture.



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Across the globe

South African field hockey player learns the game and life in America

By JAMES FARIS
The Breeze

As her car turned onto Bluestone Drive, Ongeziwe Mali entered a whole new world. The transition to college is often thrilling and stressful, overwhelming and unforgettable, but for this student, it was especially so — her first week at JMU was also her first in the United States.

Mali spent her 1787 August Orientation Week settling into her new life over 8,000 miles away from her home in South Africa. While most freshmen tried to figure out meal punches and Dining Dollars, JMU field hockey's newest star was adjusting to the standard system of measurement and cars driving on the right side of the road.

"There's a different atmosphere and dynamic [in America]," Mali said. "[Coming] was a once-in-a-lifetime opportunity."

Mali played for the South African Women's Hockey Team — ranked in the top 15 of the FIH World Rankings — since age 18 and represented her country in the World Cup this past year. She's had the opportunity to learn from South African field hockey legends and quickly rose as one of the nation's top young players.

"It was breathtaking," Mali said. "It was an amazing experience that I'm very grateful for. I got to walk next to the greatest athletes and be treated like one of them."

As a leading striker and vice captain for her team back home, Mali stood out among her peers and gained the attention of American scouts. Head coach Christy Morgan's former assistant Ian Haley, a native of South Africa who played with the country's Olympic team, noticed Mali at a tournament in her home country.

"[Haley] saw her play and said that she was one of the best up-and-coming players in South Africa," Morgan said. "I [told him], 'Find her, get her. We want her.'"

From the start of her time at JMU, Mali's new teammates had her back. The team helped her settle into her dorm and overcome the inevitable culture shock of her first day in Harrisonburg.

"We were making sure she had everything she needed," senior defender Lindsay Gippe said. "I lent her my old bedding, people showed her around campus, walked her to class and introduced her to teachers."

Anyone who's traveled or moved to a new country knows adjustments can be stressful and overwhelming, but Mali was as relaxed as could be. Her fun, contagious energy as well as what Smith described as a solid, supportive family led to a silky smooth transition to life in America.

"[There's] always concerns because the culture is so vastly

different," Smith said. "But I know we have such a good culture within our program. The girls really take care of each other. I didn't have any concern with her fitting in because I knew the team would welcome her and I knew her character coming in."

First impressions are powerful, and according to Gippe, the team loved Mali at first sight. Standing at five feet tall, Mali is small in figure but has a big personality and huge heart.

"She's very tiny," Gippe said with a laugh. "At first, she was very quiet and shy. She's opening up with us. It's fun to see her personality and the way she talks and expresses [herself]. She fits in really well and we love her."

Mali has been a great fit for the Dukes on the field as well, totaling five points with 11 shots on goal in her first nine games. Her 462 minutes played are the sixth most on the team and are easily the highest among JMU's eight freshmen.

"She has a natural nose for the goal," Smith said. "When you find somebody like that with the combination of her speed and natural scoring ability, you want them to be a part of your team."

While her speed has served her well thus far, the physical style of play in American field hockey is a significant adjustment for overseas players. Still, Mali's feel for the game and mastery of fundamentals make up a skill set that's translated well to the college game.

"[With] her quick hands and stick skills, she can move the ball so much faster," Gippe said. "International [players] start when they're young. They develop more stick skills than Americans do."

JMU made a conscious effort in the preseason of refining fundamentals and maintaining possession through ball control. Mali's polish, high game IQ and experience against high-level competition gave her an instant edge over other collegiate athletes.

"She brings good experience and good instincts, but since she's been here, she's grown her game a lot," Smith said. "Our goal is to work with her for four years and elevate her game even more, for us and for her future."

CONTACT James Faris at farisja@dukes.jmu.edu. For more field hockey coverage, follow the sports desk on Twitter @TheBreezeSports.

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Thursday, October 4, 2018

FOUR DOWNS OF THE WEEK

Examining JMU football's matchup with Elon from all angles

Blake Pace | The Breeze

1. From the Phoenix's talon

Elon head coach Curt Cignetti knows his team is better than the 31-3 showing it put on against the Dukes at the end of last season. While the Phoenix return a number of starters from last year's game, the team is a year older and a year more battle-tested this time around.

Along with the returning starters comes a depth-filled roster. That depth on the roster makes it easier to sustain current and future cuts and bruises.

"I think we've got pretty good depth," Cignetti said. "We've had a couple more injuries than we did last year at this time, but because of our added depth, we've been able to replace guys with quality players."

While Elon's roster improved with returning players, Cignetti acknowledges the Dukes have been able to maintain success cycling in new players.

"They've got a lot of new faces, but they're playing at a real high level," Cignetti said. "DiNucci's doing a great job running their offense. You don't really see much of a difference."



PHOTOS BY TREVOR COCKBURN / THE BREEZE
The Dukes (4-1, 2-0 CAA) look to continue their conference record of 20 consecutive wins in the CAA.

3. Players' perspective

One of Houston's main messages to his players is to never overlook an opponent. When the team is ranked 10th in the country, it's easy not to.

"[They're] definitely the toughest we've faced since NC State," redshirt junior Ben DiNucci said. "The biggest thing that pops out is their physicality. They've got some big guys up front ... They like to get downhill and hit hard. We're going to have to be ready to go Saturday."

While the Dukes need to match the Phoenix defense's size and aggression up front, the defense will need to bring some aggression of its own.

"I think it's really important to stop the run this week," junior

safety Adam Smith said. "They have two very strong running backs, so they're off to have a good run game."

If the Dukes are successful in stopping the run, they also have to be cautious of the much-improved sophomore quarterback Davis Cheek.

"They also have a very good quarterback and he's going to be able to throw the ball," Smith said. "So, we're going to have to get pressure on the quarterback and cover the receivers pretty tight."

This week needs to pan out just as any other: Keep the offense off the field, stop the run and capitalize off mistakes in the passing game.

2. Houston's headset

This year's clash pins two of the best teams in the CAA last season against each other. The Dukes beat Elon 31-3 at the end of last season to win the CAA Championship outright.

Since then, both JMU and Elon have picked up right where they left off and seem to be the top two teams in the conference yet again. One glaring difference is that while JMU graduated a number of starters on its two-deep from 2017, this year's Phoenix program looks exactly the same as a year ago.

"They're a complete ball club in all three phases," head coach Mike Houston said. "When you look at their roster, it's basically the same exact players that we played against last year."

Last year's Phoenix were only able to muster three points against JMU, but that doesn't mean they're playing at the same level.

"They're a year older, they're a year stronger, they're a year faster, they're a year more experienced in the system," Houston said.

4. Blake's take

Last year's matchup, with the conference championship on the line, was a bit of a let down. Elon was missing its best player in running back Malcolm Summers, who's since come back in 2018 with a vengeance — averaging 101.5 rushing yards per game.

The Dukes also have a laundry list of starters who are no longer with the program. Even though JMU wiped the floors last year, the Phoenix should definitely stand a better chance this time around.

Elon will desperately need to establish the ground game early to chew the clock and keep the JMU offense off the field. The

running backs account for 56.1 percent of the team's total offense, meaning it'll be a struggle to find success if they fall behind early.

Two weeks ago, it took JMU a quarter and a half to get things going. Last week, the Dukes were hot from the start and never looked back. This time, against a top-10 team, they'll start out slow, eventually wear down the Phoenix and pull away in the second half, 49-20.

CONTACT Blake Pace at breezesports@gmail.com. For more football coverage, follow the sports desk on Twitter @TheBreezeSports.



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Thursday, October 4, 2018

Do as I do

Senior runner leads by example for JMU cross country



By **MICHAEL TURNER**
The Breeze

The world is brimming with incredible people. Some are loud, bright and draw the attention of everyone around them like a firework. But others, like senior cross country runner Erica Jackson, blaze quietly.

Inside, Jackson has a competitive spirit that's driven her to become one of the best runners on JMU's cross country team. As someone who entered the sport her freshman year of high school — Jackson took up running to supplement her soccer career — she's made prodigious progress from where she started.

"I used to be a huge soccer player," Jackson said. "That's kind of a lot of people's story. Someone was like, 'Hey, you should go try this running thing.' I did, and it was helping with the soccer, so that's why I stayed with it. Next thing I knew, I was trying out to run in college."

Originally, Jackson wasn't capable of running much more than 800 meters. Now, just seven years later, she's winning CAA Runner of the Week for a first-place performance in the 5.2K at the JMU Invitational and is a member of both the 2016-17 CAA championship team and the 2017 ECAC championship team.

"[She's a] tremendously hardworking, typical cross country person," JMU head coach Dave Rinker said. "Task orientated, very

devoted to both the academic and athletic side of what we do here. Great GPA. Studies all the time. When she's not running, it feels like she's in class, so she's done a fantastic job. She's come a long way in three and a half years."

One of the reasons for Jackson's progress is her self-motivation. She's always kept her focus on achieving one goal before the next. As running long distances became easier, she didn't stop, pat herself on the back and admire a job well done. She started running longer distances, tackling them with the same intensity as the shorter ones. The result is Jackson's stunning improvement.

"She's definitely one of the toughest people I know," senior runner Erin Saunders said. "I always know that when we're running a race and it's coming down to the last mile or the last straight away, she's going to beat the person in front of her."

Jackson and Saunders have known each other for a long time. They have a history of competing in the same district in high school, and, after coming to JMU, the two became best friends and roommates.

"She's just going to push herself to the absolute limit, so that's always a nice teammate to have out there," Saunders said. "Definitely in practice, she always gives 100 percent. She rarely has bad workout days because she always puts everything out there."

As a result, Jackson acts as one of the team's

leaders. Unlike a general bellowing orders, Jackson's style of leadership is calmer and subtler. Everyone has — grudgingly — heard the phrase, "do as I say, not as I do," and Jackson's type of leadership is the opposite of that.

"As a senior, they kind of look up and look to see what [I'm doing] and they're going to mimic that," Jackson said. "I just try to lead by example, I guess. I'm not super, super vocal. I just like to do as I say."

Jackson cites her parents as one of her greatest influences, calling them her biggest heroes. Their unending support inspires Jackson and propels her forward. That support includes helping her achieve her dreams and yelling at her to "run faster" during races.

"Of course I'm trying to run faster, but they just want to help me in any way possible," Jackson said. "They don't always know what's going on, but they try their best to say something."

She may not be the most boisterous athlete, but Jackson has quietly molded herself into one of the best runners at JMU and in the CAA. She might not be a flashy firework, but her spirit blazes just as bright.

CONTACT Michael Turner at turnermb@dukes.jmu.edu. For more cross country coverage, follow the sports desk on Twitter @TheBreezeSports.

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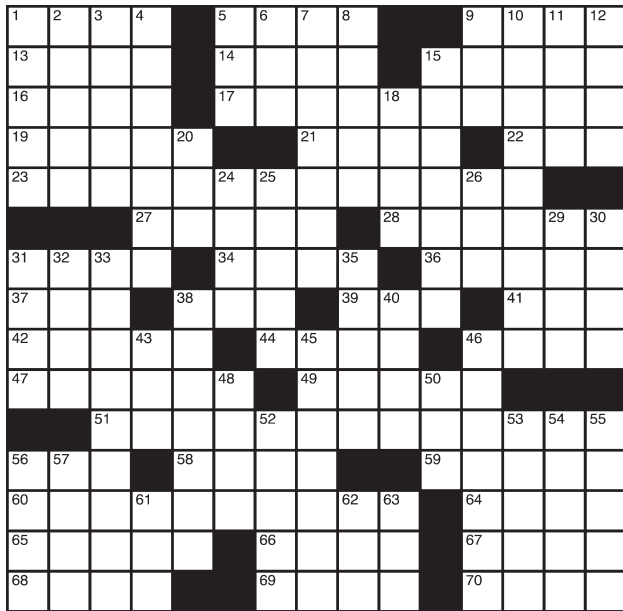
FOR RELEASE OCTOBER 1, 2018

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- Crispy fried chicken part
- Foolish sort
- Neeson of "Silence"
- Cancún currency
- Nonspeaking street performer
- Cellist Casals
- "_ it first!"
- Complete quickly, as a test
- Spring melts
- Lake crossed traveling from Ohio to Ontario
- Golf course standard
- Predecessor to Millard Fillmore
- "Later, Jacques"
- Northern sky sight
- Mixed-breed barker
- Isl. of Australia
- Remove mist from, as a windshield
- Sushi tuna
- Grabbed a chair
- Praiseful poem
- Angsty music genre
- Lovestruck teen from Verona
- Houston MLBer
- Unexpected problem
- Angelic figure
- Transplant to a new container
- Strict rule-enforcement policy
- Margaret of stand-up
- Chilly
- Get the better of
- Buddhist meditation sites
- Tubular pasta ... and a phonetic hint to 17-, 23-, 51- and 60-Across
- Geometry calculations
- Brazilian soccer legend
- Actor Baldwin
- Sore throat sign
- Part of GPS: Abbr.



By C.C. Burnikel

10/1/18

- Some cameras, for short

DOWN

- Dog group that includes the Akita
- "Tik Tok" singer
- Author Asimov
- "Yet another problem?"
- Tabloid TV debut of 2007
- Xbox 360 competitor
- Driving force
- Colorful aquarium fish
- Poet _-tzu
- Active ingredient in Advil
- Pond growth
- Jay of "Last Comic Standing"
- Musical intro
- "Howdy there!"
- Pathetic
- Beatles' meter maid
- First Irish Literature Nobel
- Miner's strike
- Egg-shaped tomato
- Spellbound

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- Artist Chagall
- "Looks like trouble!"
- Mountain and Pacific, e.g.
- Gourmet mushroom
- Reporter's contacts
- Info
- Before, poetically
- Streetcar
- Sonnet sections
- Market upswing
- Gold, to José
- Big name in trading cards
- Sam of "Jurassic Park"
- More adorable
- Heroic sagas
- Industry mogul
- Zeus' jealous wife
- Touch lightly
- Lolling trio?
- Erector _

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6							9

10/1/18

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Level



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Top 10 spots for photo opportunities during Family Weekend

Say

By **CHRISTINE NAPPI**
contributing writer

This Family Weekend, countless pictures will be taken on the Quad, in front of the Duke Dog statue or other popular landmarks on campus to encapsulate a parent's memory of visiting their child at college. Instead of conforming to the picture-taking norm, delve deeper into the community for the perfect photo opportunity and find Harrisonburg's best kept secrets. While it may be fun to capture family moments that epitomize JMU's spirit, take an adventure with the family to more unique locations this Family Weekend.

1. Jimmy Madison's Rooftop

Located in downtown Harrisonburg, Jimmy Madison's is a Southern homestyle restaurant with a rooftop deck and bar. The seating is a spacious, social area with a rustic feel. With a view of the downtown skyline, the rooftop serves as a great setting to photograph a social gathering with a family-oriented feel. Around dinner time, the natural light from the setting sun will result in no filter being needed.

2. Magnolia's Rooftop

If you're on the hunt to find a photogenic eatery, Magnolia's Taco & Tequila Bar also has a cozy, intimate rooftop. The outdoor couch seating allows the family to comfortably relax without feeling as if they're at a restaurant. The rooftop wind sails, glass bottle wind chimes ring and brightly colored cushions give off an aesthetically pleasing vibe and Instagram-worthy atmosphere.

3. Kline's Dairy Bar

After the rooftop dinner expenditures, take a trip to Kline's Dairy Bar and indulge in a creamy treat. If you're someone who's passionate about snapping an artsy picture of your food before you dig in, this ice cream bar is perfect for you. With family-and-friend-style seating surrounding the pink and blue pastel-colored bar, this scene creates an environment that presents a small-town feel.

4. The Artful Dodger

For a place where photos can pop, head to The Artful Dodger to pose in front of the colorful aspects of the coffeehouse and bar. The mural on the side of the building creates a modern,

urbanized background with lively elements of the streets of Harrisonburg. Venture into the restaurant or storefront patio for a creative, spirited feel — the bright colors of the outdoor umbrellas and painted walls will make each image energetic.

5. A Dream Come True Playground

Take a trip down memory lane and visit A Dream Come True Playground, a five-minute drive from campus. Younger siblings will be entertained, while parents can reminisce on the previous years when their college student was more of a kid. The bright, radiant colors of the playground equipment adds a playful flare to pictures.

6. Lake Shenandoah

Escape the hustle and bustle of campus by taking a short drive to Lake Shenandoah. For only being a few minutes away from campus, the scene feels like a different world where one can immerse themselves in nature. The glistening sun on the large body of water, numerous trees and a view of the horizon in the distance creates the perfect setting for natural photos. Families can take a picture together that doesn't necessarily involve JMU while focusing on a genuine outdoorsy family moment.

7. White Oak Lavender Farm & The Purple WOLF Vineyard

For another nearby escape from campus, enter into an elegant world surrounded by the fragrant scent of lavender at the White Oak Lavender Farm & The Purple WOLF Vineyard. Quaint white and purple buildings house a lavender gift shop, winery and a farm animal petting zoo. Browse the lavender bunches, sit on the deck of the winery or pose by the two snow-white ponies in a nearby pen for a photo that's bright and has a classy essence. It creates the ideal environment for those looking to brighten their Instagram feeds.

8. Edith J. Carrier Arboretum

Right near campus, the Edith J. Carrier Arboretum is filled with flowers and fresh foliage, creating a natural, outdoorsy effect for pictures. The scenery appears as a real life recreation of artist Claude Monet's "Bridge over a Pond of Water Lilies." Families can pose on various benches, the bridge or with any aspect of the multiple types nature to capture the beauty.

9. Newman Lake

For a getaway from campus that's still on campus, Newman Lake is the place to go. The lake behind Bridgeforth Stadium can be a peaceful escape from overpopulated photo locations. The leafy willow trees and fountain in the middle of the lake create a serene climate where one could easily find themselves relaxing. As the sun sets, warm colors reflect off the water's surface and the area is left in prime lighting — the golden hour.

10. ISAT

The view from the James Madison statue outside of the ISAT building overlooks campus and the mountains in the distance. It's a great spot to watch the sunset fade behind the mountains. The eye-catching view allows viewers to revel in the setting sun's beauty, encouraging them to get their cameras ready.

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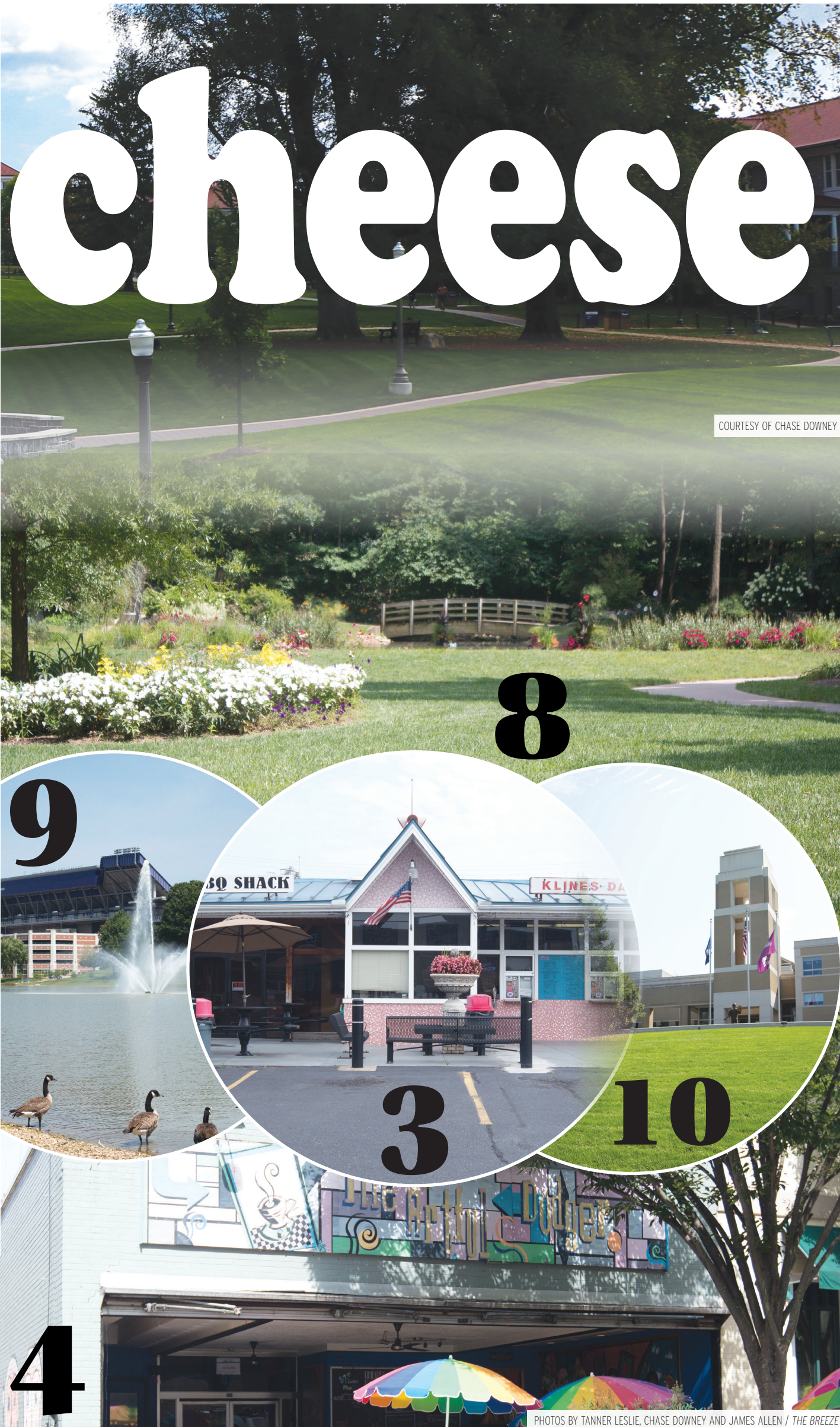
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PHOTOS COURTESY OF ANICA STEEN

Shad said that he felt like he was experiencing college alongside his daughter Anica during last year's family weekend.

First time for everything

Family of first-generation student experiences college alongside its children

By **JESSICA KRONZER**
The Breeze

Shad Steen was 18 when his daughter was born — an event that saved him from ending up in jail or dead. Now a sophomore interdisciplinary liberal studies major, Anica Steen is the first in her family to attend college. For families like Anica's, family weekend is an eye-opening experience for both the student and their parent.

Shad described himself as a troubled teenager, but his daughter's arrival changed his path. He has held the same job as a utility locator for 19 years to support his family. He was class-mom for Anica in elementary school and was heartbroken when she left for college. Shad wanted her to attend a college closer to their home in Williamsburg, Virginia, but things changed after the two visited JMU.

"It tore me to shreds but I knew that it was good and it was the right thing to do," Shad said. "I went up there on the tour trying to find something so that

I could tell her she can't go there but there was nothing. I mean absolutely nothing."

He feels that Anica's decision to attend JMU was the best decision she's ever made and that she's excelling in college. She always knew she wanted to go to college because her dream of becoming a teacher required it. Anica applied to JMU right before the deadline and toured the school after being accepted. She knew within 20 minutes of the tour that she'd found the right school for her.

Anica feels that families who have a first-generation college student have a whole different interpretation of family weekend. She says that people whose parents attended college at JMU or elsewhere often know how the weekend will play out and feel comfortable.

"My family, last year, when they first came here I feel like they were really surprised by the college community and the vibe that JMU gave off," Anica said.



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Last year's family weekend showed Anica's family the school spirit at JMU. She performed with the Marching Royal Dukes as a part of the colorguard and her dad visited for the day. He enjoyed seeing the academic buildings and getting a better idea of how the school runs. Shad feels like the school does a great job planning the weekend with plenty of different events.

"They do so many things for the parents and just going into the buildings, I loved that," Shad said. "It was exciting for me because I get to see her and hang out with her all weekend and she gets to show me around ... I was stepping into it kind of fresh eyed just like she was. I was experiencing it right there with her."

Anica's family has always encouraged her to attend college, but when applications came she felt stressed filling them out. She applied to JMU because she was unsure about where she wanted to go and it was close to home.

"It was really scary honestly because I didn't have a whole lot of people to help me," Anica said. "My school had people available that you could go to but it didn't feel the same so a lot of the time, I ended up asking my friends for help on my applications and stuff."

Anica is looking forward to this year's family weekend. She'll be attending the football game with her family and spending the weekend with them. Anica said her dad has always supported her through the process of going to college. Her younger brother and cousin both live in her house and plan to attend college in the future.

"They're sort of following in my footsteps and it's really nice to be that first person who went off to college and is going to have a good job coming out," Anica said. "I have people that I care about following behind me, so it feels really good."

CONTACT Jessica Kronzer at kronzejf@dukes.jmu.edu.



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Tailgating tips

This your first rodeo? Here are a few things to keep in mind when tailgating before the game



TREVOR COCKBURN / THE BREEZE

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 The Dukes play Elon at 1:30 p.m. on Saturday afternoon. It's important to get out to the lots early in order to reserve a spot.

By JOANNA SOMMER
contributing writer

There's many events that take place as the fall season starts. It marks the beginning of all pumpkin-flavored foods and drinks with sweatpants and sweatshirts becoming everyday attire. Of all these things, fall finally approaching marks the prominent beginning of football season. With tailgating, it's important to remember items that will make the tailgating experience perfect for any die-hard football fan, or for anyone attempting to get themselves into the football and tailgating spirit.

All tailgates have essentials; particular must-haves such as food and drinks, considering tailgating can be an all-day experience, or all-night experience. Easily disposable foods work best for tailgates. Instead of just bringing basic chips, spice it up a little bit and bring along different dips for chips; including salsa, guacamole, buffalo chicken dip, taco dip,

queso, or any other dip desired. Grilling is a principle part that also comes with tailgates; so since it can be a time consuming task, it can be beneficial to prepare a day in advance to make the process quicker on game day. Tasks include pre-cutting all toppings and preparing all meats to be grilled. Bringing a portable grill create more tailgating space, and lining the grill with aluminum foil will create a more efficient way to clean up after.

Depending on the kinds of drinks being brought, different types of storage may also be necessary. For example, hot drinks that must be kept at a particular temperature like coffee or hot chocolate would best be stored in a thermos. A cooler and ice would work best for drinks like soda and lemonade, along with condiments like ketchup and mustard. Lining your drinks at the bottom of the cooler, and putting all of the ice on top will guarantee cold temperatures for drinks.

Food and beverages also comes with the responsibility of cleaning up. Key objects to

make sure this is a task completed includes trash bags, napkins, eating utensils to prevent from making a mess, hand sanitizer, paper towels, regular towels to wipe down other surfaces, aluminum foil and plastic containers for leftover food. These will keep the primary tailgating area clean and will prevent all tailgaters from potentially ruining their favorite white shirt with random stains collected throughout the day.

Other essential items to consider that will create a complete tailgate experience are lawn games to get one's tailgate and other people close by involved. These games could include Kan Jam, cornhole, frisbees, passing around a football or Spikeball. While playing these games, one can turn on a bass-popping speaker to blast hype music from. It'll be a great way to bond with others at their own tailgate, because everyone is already there for the same exact reasons.

Considering JMU is in an area with consistently fluctuating temperatures,

depending on weather, you may need specific items. If it's sunny and hot, consider bringing sunglasses, sunscreen and ice packs. If it's rainy, ponchos, rain jackets, rain boots and even umbrellas are objects to consider. If the weather is cold, then layered clothing is definitely the way to go. Blankets, hats, gloves, scarves, fuzzy socks and even hand warmers will help make the environment more comfortable tailgating weather.

Many small objects often go overlooked when it comes to tailgating, but without them, tailgating runs high risks. A mini first aid kit with band-aids, medical wrap, gauze, or Neosporin are essential to have in case of an emergency. For minor emergencies, consider personal hygiene, floss, perfume and traveled-sized deodorants are items to consider. Other small emergency items, including duct tape or flashlights are other items to consider.

see **TAILGATE**, page 10



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TAILGATE | Essential items to pack for pregame festivities

Consider the location of the tailgate. Is the location a buggy area, where insect repellent should be brought? Will there be access to an outlet, or should all portable electronic devices either be pre-charged or have a portable charger? Since JMU tailgates are now recently located in the D-Hub parking lot instead of the Upper Convocation lot due

to construction, it's important to remember the location of the tailgate. Although the spot differs from years prior, the tailgates are still filled with people of various ages coated in purple and gold. Of all the main components to make the tailgate perfect, purple and gold streamers are one of the most vital components to guarantee not only a perfect

tailgate experience, but a perfect game day experience as well.

It's also important to plaster purple and gold all over oneself through apparel, face paint, glitter, hair spray, beads and any other merchandise representing James Madison. People can also show their support by presenting these colors and the Duke Dog

logo all over their tailgates. This can include decked-out setups of tents, folding tables and eating utensils. This spirited display can prove to everyone at the tailgate who really is the biggest fan of the team.

CONTACT Joanna Sommer at sommerjj@dukes.jmu.edu.

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Coping with an empty nest

Parents use variety of mechanisms to adjust after sending their children to college

CARLEY WELCH
contributing writer

Empty nesters: a term often used to characterize parents who have sent their last child off to do great things, leaving these parents alone in what may now seem an empty house. Parents who've sent their last child to JMU use various strategies to cope with their changed lifestyle.

Cheryl Sheloski is the mother of an only child, Andrew, a sophomore at JMU. Over a year into her son's college career, she's still learning to deal with an empty nest.

"I try to stay busy," Sheloski said. "It's a challenge because you have to learn a new way of life. Your life has been centered around your child and now it is not. You have to

alter your routine schedule."

By learning a new way of life and focusing on herself, Sheloski believes it's helped the process. Still, it doesn't get easier over time.

She admitted that despite how much she thought she might've been ready to take her child off to college, she found that it's impossible to really be ready for something like that. Sheloski's advice for other empty nesters is to "be patient, be supportive, cherish the moments, and do something for yourself."

Kerry Moncure and her husband have sent all three of their girls off to college, but they have anything but an "empty nest." Moncure and her husband have been fostering children since their youngest daughter, JMU

Moncure was inspired to be a foster mother after hearing about it from one of her friends, and she thought her family would be a perfect fit.

Moncure got a call in January from a fostering agency asking them to take on three children, and she said yes without any hesitation. Moncure and her husband have one baby at home now who is a child of heroin addicts. Although this baby has had a rough first couple of months coming into this world, Moncure and her family believe they've come to this child's rescue.

"My kids have learned to be empathetic and

they have seen what happens when people get themselves into bad situations and do drugs," Moncure said. "[This process] has taught my kids a lot of compassion and turned them into great people."

Even though Moncure and her husband have the company of their foster children, they still miss their biological children. Moncure admitted it hasn't been easy sending them off to college.

"In reality, I used the foster kids as an excuse not to have to take my older two kids to school and say goodbye," Moncure said.

Moncure wasn't able to take her two older children to college because she had to stay home to take care of the foster children. However, that changed when Moncure had to take Smith to school last fall for her first year at JMU.



COURTESY OF CHERYL SHELOSKI

Sheloski and her husband moved their son, sophomore Andrew Sheloski, into his dorm last fall.



PHOTO COURTESY OF KERRY MONCURE

The Moncures have been fostering children since their daughter, sophomore Katie Smith, was in Kindergarten.

see **EMPTY**, page 16

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Hotel price hikes are unfortunate, but inevitable in college towns

EMILY SUTHERLAND | contributing columnist



The hospitality industry in the Harrisonburg area consists of brand-name hotels with the exception of the Madison Hotel. Most of them are within a few miles of the university, making it easy for parents, visitors and alumni to attend home football games, graduation and special ongoing events. This also presents the opportunity for hotels to jack up prices. Unless families want to drive a half an hour from Massanutten, there aren't many other options.

When looking at hotel prices for a normal weekend in Harrisonburg, the standard hotel room typically costs under \$200. There are motels in the area that can be found for cheaper, but when you compare the price of a standard weekend in Harrisonburg to parents weekend, families are looking to spend over \$300 a room. That is if they can book a room soon enough, as hotels closest to the university sell out quickly when it comes to Family Weekend.

Fast forward to graduation during the first weekend of May — hotels in the area cost upward of \$400. Again, availability is limited. As of right now, there are only a few rooms left to reserve in Harrisonburg.

The opportunity for the hospitality industry is growing in Harrisonburg and any medium sized college town in a rural area. They don't maximize their profits on weekends

that are advertised to student families, but to future students who come and tour. For JMU, that could be Open House, Springboard, move in and any time the university offers tours.

The prices listed at surrounding hotels during an event-filled weekend here in Harrisonburg may come off as appalling to some customers. Unfortunately, that's how the hospitality industry works, and Harrisonburg hotels are doing what any other smart business would do. Most hotels in Harrisonburg are brand-name, so customers looking to stay somewhere will resort to them first. There's a good chance they know and trust the brand and will stay regardless of the price.

see **HOTELS**, page 19



PHOTOS BY SAMANTHA LINCZYC / THE BREEZE

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EMPTY | ‘It’s a challenge because you have to learn a new way of life’



The Moncures has sent all three of their daughters off to college but, they continue to foster other children.

from page 12

While Smith misses her foster siblings, she said being in a foster family has helped her thrive at JMU. Smith reflects on the ways being a part of a foster family has allowed her to branch out and become accustomed to change.

“It was definitely easier to leave for college because I’m used to people coming and going and meeting new people,” Smith said. “It is easier to get to know people.” Smith knows it’s

been difficult for her parents to adjust to the fact that they have no more biological children at home. But the life of a foster parent is a hectic one, and it helps Moncure forget about her half-empty nest.

“Having the babies here keeps me busy,” Moncure said. “I don’t have time to feel bad for myself.”

CONTACT Carley Welch at welchcw@dukes.jmu.edu.



PHOTOS COURTESY OF KERRY MONCURE

While sending their daughters off to college wasn’t easy, foster children keep the Moncures busy.

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Cheers to the freakin' weekend

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JMU Bookstore

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Art Exhibition

Edith J. Carrier Arboretum hosts photography by Celia Culver Rutt from 9 a.m.-3 p.m.

The Doo Wop Project

In Memorial Hall, stars from Broadway hits such as "Jersey Boys" and "Motown" will perform covers of Smokey Robinson and The Temptations to Michael Jackson and Maroon 5 at 8 p.m.

Family Weekend Picnic on Hanson Field

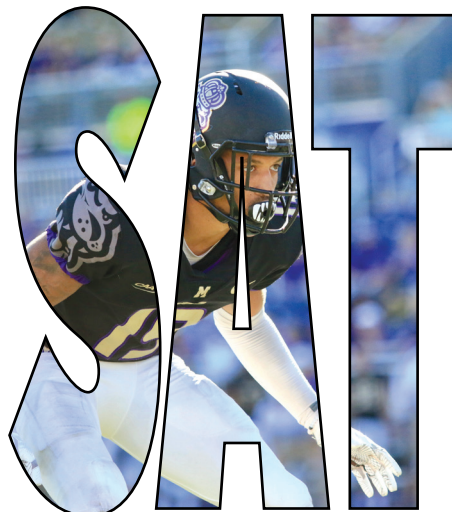
Students can reserve tickets and punch at the door for options such as purple and gold potato salad, veggie burgers, chili, paw print brownies and more from 10 a.m.-2 p.m.

JMU Family Photobooth

After leaving your stomach full, head over to the photobooth also at Hanson Field for a JMU pic, free pom-poms and purple and gold beads from 10 a.m.-1:30 p.m.

JMU Pops! An Evening of Anniversaries

After a day of football fun, head to JMU's Convocation Center at 8 p.m. for a musical spectacular featuring the Marching Royal Dukes and other JMU ensembles



Great Deal Brunch

Head on over to E-Hall from 9 a.m.-3 p.m. or D-hall from 10 a.m. to 3 p.m. for the traditional Sunday brunch

Reddish Knob

While not an official weekend event, the classic view from the top of Reddish Knob is an hour drive outside of the 'Burg. Bring along a Mr. J's bagel for snacking.

A Cappella Thon Concert

Parents can enjoy the family weekend tradition of A Cappella Thon with performances from all nine JMU a cappella groups at Memorial Hall at 2 p.m.



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THE CHALLENGE

October 23, 5 p.m. | UPark

The Challenge is a game of wit and luck. Teams of four will compete in minute-to-win-it style challenges. There will be music, food and opportunities to get in The Challenge even if you are not on the team. Want to be your teams' fan-base? Don't worry, there is an opportunity for you to get your favorite team extra points by competing in sideline challenges. There will be shuttles from main campus to UPARK on the day of the event. *Co-Sponsored by the JMU Alumni Association, DUX Leadership Center and UREC.*

LATE NIGHT BREAKFAST

October 25, 10 p.m. | E-Hall

Join UPB at a Homecoming themed Late Night Breakfast. Free food, games and fun to get you pumped for the game.

DAY OF SERVICE

October 26, 9 a.m. | 3rd floor D-Hall

Give back by helping to assemble hygiene kits for individuals experiencing homelessness in the Harrisonburg community. Staff from the United Way will join us to share information about homelessness and poverty in the community. *Co-sponsored by Community Service-Learning.*

QUADFEST

October 26, 5 p.m. | The Quad.

Join us for QuadFest 2018! There will be live music from The Reflex, the ultimate 80's tribute band, activities for all ages, lawn games, giveaways, food, and Duke Dog's Watering Hole. The night will culminate with a special announcement from Wilson steps.

HOMECOMING HEADQUARTERS

October 27, 12 p.m. | Hanson Field

Sign up for the biggest tailgate of the day! Registration includes: all you can eat BBQ, non-alcoholic beverages, four beer/cider tickets, face painting and live music, from the band, Justified.

FOOTBALL

October 27, 3:30 p.m. | Bridgeforth Stadium

Cheer on the Dukes as they take on the Stony Brook Seawolves.

STEP SHOW

October 27, 8 p.m. | Memorial Hall Auditorium

The Annual Homecoming Step Show features JMU's Multicultural Greek Life sororities and fraternities. *Sponsored by the Center for Multicultural Student Services-Inter-Cultural Greek Council.*



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Families look to spend upwards of \$300 for rooms during parents weekend and graduation, much more than a typical weekend.

SAMANTHA LINCZYC / THE BREEZE

HOTELS | Price hikes of nearly \$100 can help hotels operate, but frustrate consumers

from page 14

Hotels know this, so the opportunity to mark up their prices and sell out are at their fingertips. It may anger customers, but they have to understand that this is how the hospitality industry makes its profit and allows it to grow. It's not just the brand, but the individual hotel. While the decision rests with the hotel, the profits can go toward renovations, additional parking and anything that has potential to please incoming and returning customers.

Some families may decide renting a house for the weekend in Massanutten is the best option, even if it costs more per night. This also allows the availability to cook and invite more family members to extend the invitation to others. Still, families prefer to be close to where the university events are taking place, making it easier to go back and forth at their convenience.

When it comes to convenience, the new Madison Hotel beats out all of the chain hotels in Harrisonburg. The Madison Hotel offers a variety of amenities ranging from valet parking to special discounts depending on when and who books the room. It's within walking distance to the Quad, Bridgeforth stadium and Downtown Harrisonburg. For a standard room on an uneventful weekend, the price looks to be between \$150-\$200 per night. That being said, a two-night stay over homecoming (October 26-28) starts at \$270.

JMU's presence in Harrisonburg will continue to drive up competition and hotel prices. The opportunity for hotels to maximize their profits on weekends when there are visitors coming from all over is the smart business move to make and shouldn't be bombarded with complaints.

CONTACT Emily at sutherme@dukes.jmu.edu.

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